

Edgemoor DPSNF
655 Park Center Drive
Santee CA 92071
619-596-5500



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From the Administrator



San Diego County is taking customer care to a new level, having developed a program called HEART.

Each letter represents a commitment for all county employees to dedicate themselves to exemplary service to you, our constituents.

H addresses helpfulness
E is for expertise
A represents attentiveness
R shows respect
T is for timeliness.

At Edgemoor, we serve on multiple fronts, and as we are serving residents facing health challenges, their families and fellow staff, the HEART initiative is an affirmation of what we attempt to do on a daily basis. We are committed to providing each person, who comes into contact with Edgemoor, a level of service beyond what is expected. Our staff is dedicated to the jobs that they perform, and strive to consistently deliver excellence. This level of care needs nurturing and input.

We can meet the challenge, of providing great care, with your shared comments regarding our successes and pointing out areas where we can improve. Your feedback will go a long way in helping us meet the County's commitment to this program.



It's a team effort, and you are an integral part of the HEART team. Everyone will win, when we deliver our service with great HEART!

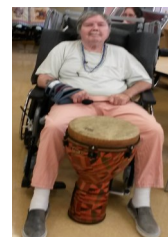
Drumming Circle with Sundiata Kata

Edgemoor had the pleasure of Sundiata Kata performing with the residents in a Drum Circle in one of the Neighborhoods. He usually works with troubled youth and has received several awards for his work.



He says "The magic and power of music has the ability

to touch the human spirit,



and heal the mind and body."



KEEPING TRACK OF BELONGINGS



Edgemoor only takes inventory on admission and discharge of resident; however, in between these times, our residents may acquire, store, discard, break, or use up many items.

Residents and their loved ones are responsible for tracking their belongings. One way to keep track is to save receipts, or take photos of items that are brought into the facility; also track items that are taken out of the facility. Store anything valuable in your locked drawer. Keep careful track of your belongings.

Limit the number of valuables you have at Edgemoor; if there are more items than the resident and their family can keep track of, it is probably too much! Residents have expressed concern about expensive items, like electronics, wheelchairs, etc. When we know of a resident acquiring an expensive item, like one of these, we can offer assistance. We can encourage them to put a copy (we can help them to make a copy) of an original invoice, photograph, or receipt inside their personal valuables folder, maintained by the

Business Office. This copy is then available if the item is lost, stolen, or broken. It is their choice to put this item in their valuables folder, to help them track important information about the purchase date, price, serial number, etc. These actions promote the integrity of personal responsibility for expensive items, and assists the resident in maintaining the information that may be helpful if the item is lost, stolen, or broken.

FROM THE KITCHEN

Obesity, diabetes, hypertension, and heart disease are epidemics in today's society. Over the last several decades, food has certainly become a focus in most everyone's life. In the 70's, 80's, and 90's, we saw an emphasis on fast food, rich, flavorful, and pleasure foods. We have seen portion sizes grow and grow and grow; all of which has led to the above epidemics. As a result, what we now see are more individuals with health issues, decreased quality of life, and sky-rocketing healthcare costs. As we have discussed in previous newsletters, to help combat these epidemics, the Federal, State and Local governments have been encouraging the public and mandating programs to provide and consume healthier foods.

Here at Edgemoor, we have been working diligently to provide meals and snacks that are attentive to nutrient density, lower in saturated fat, chole-

sterol, sugar, or salt, and higher in whole grains and fiber. We are constantly looking for and bringing in new food items to help with this.

Some recent examples are sodium free spices, low sodium bases, no sugar added baked goods, whole grain tortillas, 1% lowfat milk, lower fat content cheeses, and reduced calorie snacks and desserts. We have incorporated more whole grains and fresh fruit and vegetables. We try to use leaner cuts of meat and poultry in our menus.

Some may say the food is bland, but maybe it isn't, and should be tasted again. It is seasoned more lightly with healthier seasonings, so it may seem bland compared to the over-seasoned unhealthy version we have become accustomed to, and now see in most foods. We see this as a paradigm shift, and it will

take time for the norm to be healthy food. We do have seasonings available for our residents who prefer to add additional flavor. We still do have our residents' favorite foods, but we offer them in moderation. These ideas and changes are what have allowed us to eliminate most of our therapeutic diets at Edgemoor. We now offer the same foods and diets to all of our residents, taking away that feeling of restriction, adding to better eating habits, choices, and overall improved health. We hope this makes sense, as our goal is to improve everyone's health and well-being.



SDCERA CELEBRATES THE HEART OF THE ARTS WITH EDMOOR

When the Healing HeARTS program began at Edgemoor Skilled Nursing Facility,



Larry wanted nothing to do with the collaborative oil painting sessions. Week after week, Larry would disrupt the painting lessons by running back and forth from the television at one end of the room to the classes at the other end. After a few weeks, however, Larry had a breakthrough. During the commercial break of his favorite show, he decided to pick up a paint brush for the first time. The other students, who had previously seemed annoyed by Larry, stepped aside to allow him to cut in. In time, Larry spent less time watching television and more time engaged in painting and conversations with his peers. Larry was one of many residents at Edgemoor who grew tremendously from participation in the arts.

"I see severely impaired residents, who previously lacked social skills, not only working together, but encouraging and helping each other," says Dr. Rebecca Ferrini, Medical Director at Edgemoor Hospital. "I see people holding a paintbrush, following directions, and smiling. Residents who have been in the secure or locked unit for months or years, without response, have awakened and are able to transfer to open Neighborhoods. I credit the art program as a part of these transformations."

Edgemoor is a County owned 192 bed Distinct Part Skilled Nursing Facility, for residents with wide

-ranging physical and psychiatric problems and dementia due to multiple etiologies: AIDS, head injury, Alzheimer's, substance abuse and Huntington's Disease. The facility's Healing HeARTS program, developed by artist and educator Linda Bounds, is a unique fine art program that has produced astonishing therapeutic results. The program encourages large groups of previously antisocial individuals to interact socially and create beautiful works of art, together in a collaborative effort. Program results include many stories, like Larry's, of "awakenings"; where nonverbal residents become verbal, withdrawn residents socialize, those with no memories can now remember when painting lessons are happening, those who were disliked by peers are integrated into the community, and those who took interest in nothing are now finding enjoyment.

Even more than the direct impact on residents, the Healing HeARTS program benefits reach far beyond the walls of Edgemoor.



On the afternoon of July 14, 2015, community members joined together to celebrate the gift of the



SDCERA staff, Walter Hekimian with artist Linda Bounds

arts. The San Diego County Employees Retirement Association (SDCERA) honored Edgemoor resident artists with musical entertainment (courtesy of local musician Rick Ross), and a thank you certificate signed by 80 employees. They also presented a framed photo of the three beautiful paintings, donated by Edgemoor residents, that now hang on the walls of the SDCERA reception area.

The gift illustrates the contributory circle of service and giving that is present within San Diego County operations. The partnership between SDCERA and Edgemoor's artists will quite literally be on display at SDCERA and will brighten the days of thousands of SDCERA visitors.

To learn more about Healing HeARTS at Edgemoor, and how you can support the program, visit their website <https://healingheartsart.wordpress.com/>



Lakeside in France and Seaside Cliff inspired by original paintings by Monet created in collaborative effort by several residents.



DISASTER PREPAREDNESS EXPO

Get the tools and information you need to be ready

Natural disasters can strike quickly and without warning. Attend our free community event to learn how to protect yourself and your loved ones in case of an emergency.

Featured exhibits and demonstrations include:

- ◆ Quake cottage, a magnitude 8.0 earthquake simulator
- ◆ Fire Safety best practices, with Smokey the Bear
- ◆ Tips on how to care for pets during a disaster, from The San Diego Humane Society
- ◆ Free, secure document shredding services, from Shred-It
- ◆ Vendors showcasing the latest emergency supplies and products

There will also be opportunity drawings, delicious food for sale, and family fun for all ages

10:00am to 2:00pm

Saturday September 26, 2015

Sharp HealthCare Corporate Office

8695 Spectrum Center Blvd

San Diego CA 92123